Home Hazards Checklist

At-Home Support & Safety

This checklist helps you identify and fix common risks at home that could lead to trips, slips, or strain. You don't need to make every change at once, just start where you can. Safety starts with small steps.

Entryways and Hallways

□ Are walkways clear of clutter, shoes, and cords?
□ Is there a mat that's non-slip or secured?
□ Are light switches easy to reach at entrances?
□ Is the front step visible and well-lit?

Living Room

□ Are chairs stable and easy to get in and out of?
□ Is there enough space to move safely with mobility aids?
□ Are rugs removed or secured with non-slip grips?
□ Are cords and wires out of walking paths?

Kitchen

□ Are frequently used items stored at waist level?
□ Is the floor free from spills and smooth?
□ Are non-slip mats used near the sink or stove?
□ Can you reach the kettle, microwave, or fridge without overreaching?

Bedroom

□ Is there a clear path from the bed to the door?
□ Is a bedside light within easy reach?
□ Is the bed height suitable for easy transfer?
□ Are mobility aids stored within arm's reach at night?

Bathroom

□ Is there a grab rail by the toilet and/or shower?
□ Is the shower floor non-slip or has a non-slip mat?
□ Can towels, soaps, and toilet paper be easily reached?
□ Is the floor kept dry and free from obstacles?

Other Key Tips

□ Install night lights for dark hallways or bathrooms
□ Mark edges of steps with high-contrast tape
□ Use a chair in the shower if standing is tiring
□ Schedule regular checks of mobility aids and home setup

Next Steps

Choose 2–3 things to improve this week. Ask whānau or a friend to help you make changes gradually. You don't have to do it all at once.